

# The President's Challenge

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## **Special Report: Trans Fats**

### **Top 10 Foods to Beware**

Understanding Trans fats and where they are found can be very confusing. Cindy Moore, MS, RD, director of nutrition therapy at the Cleveland Clinic Foundation, and the U.S. Food and Drug Administration, compiled this list of the top 10 "Trans Fat" foods to help educate consumers.

1. Margarine Spreads
2. Packaged foods such as cake mixes and Bisquick
3. Soups
4. Fast Food
5. Frozen foods, including pizzas, breaded entrées, pies, waffles, etc.
6. Baked Goods
7. Chips and Crackers
8. Breakfast Food
9. Cookies and Candy
10. Toppings and Dips